



News For You! From CRC

SEPTEMBER 1, 2014

Carter Rehabilitation & Aquatic Centers

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senior exercise classes

Carter Rehab is now offering FREE senior exercise classes starting Tuesday September 9th. If you are 55 or better, you are invited to join us on Tuesday mornings from 8:00-9:00 in our conference room.

You're never too old to exercise! As you grow older, an active lifestyle is more important than ever. Regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. Exercise can even reverse some of the symptoms of aging. And not only is exercise good for your body, it's also good for your mind, mood, and memory. Whether you are generally healthy or are managing an illness, there are plenty of ways to get more active, improve confidence, and boost your fitness. Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling. Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

Exercise and fitness go hand and hand. Join us for a fun filled hour becoming more active and liking it. Space is limited so please call 517-423-7722 to reserve your spot.



**American
Red Cross**

**THURSDAY SEPTEMBER 4TH
12:00—6:00**

**Tecumseh location
SCHEDULE YOUR APPOINTMENT
TODAY**

GIVE THE GIFT OF LIFE

BEGINNERS PROGRAM

COUCH TO 5K RUN TRAINING

The Tecumseh Parks and Recreation is offering a couch to 5k run training beginning September 6th supervised by a physician assistant. The cost is \$50 to city residents and \$60 to others and does include the Halloween 5k run to be held on October 25th.

Running is a life changer. If you are not a runner this program will get you off the couch. Arthritis in knees or weight gain can be intimidating when contemplating exercise. Our program is challenging but will ease you in, making it very doable at any fitness level. The idea is to transform you from couch potato to runner, getting you running three miles (or 5k) on a regular basis in just two months. Too many people have been turned off of running simply by trying to start off too fast. Their body rebels and they wind up miserable, wondering why anyone would possibly want to do this to themselves. Come join us as we get off our couches and move at our own pace with small doable goals.

Call Tecumseh Parks and Recreation 517-423-5602



RAISING DOLLARS FOR SCHOLARS T SHIRT SALE \$10

all proceeds go to
Kelly Carter Scholarship Fund

**Carter Rehabilitation Center
Scope of Service**

- ◆ Physical Therapy
- ◆ Occupational Therapy
- ◆ Hand Therapy
- ◆ Aquatic Rehabilitation
- ◆ Pelvic Floor Rehabilitation
- ◆ Infrared Light Therapy
- ◆ Social Services
- ◆ Fibromyalgia Wellness Program
- ◆ Community Fitness Program
- ◆ Big Program for Parkinson's

Fighting Father Time

Area residents have discovered how to stay healthy and active in their golden years. Here are their stories. Come to Carter Rehab as a fitness member and experience the excitement of meeting new friends and working out in a safe and healthy environment.

Rae Nita Heintzelman
92 years old

Rae Nita was born and raised in Tecumseh. She worked as a High School/Middle school teacher and dance instructor. Her younger years she enjoyed biking, tennis, golf and dancing. She now enjoys bridge, musical events and keeping up with friends and family. Rae Nita exercises 3 x per week for 1 hour and attributes her agility to keeping active with friends.

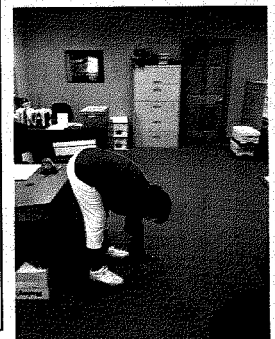


NORMA NOACK
92 years old

Norma enjoys the Detroit Tigers and University of Michigan sports. She is a petite lady who enjoys chocolate, family and friends. Her favorite exercise is walking around the condominium complex or on bad weather days her treadmill. Her advice is to keep busy and moving when you can.

DORIS AITSON
90 years old

Doris is retired from Ford Motor Co, and was raised on a farm working 19-20 hour days. She remains active fishing 3 x per week, gardening, mowing, canning, knitting and quilting. Aerobic exercise every other day keeps her going strong.



Faith Cote
87 years old

She has lived in Lenawee county her entire life. Faith has owned and operated her own Shaklee Business for the past 35 years. She is dedicated to exercising at CRC 3 x per week and credits her longevity to good genes, exercise, good nutritional supplements/diet and staying busy with friends.



EVELYN PFAFFINGER
86 years old

Evelyn loves ceramics and Tiger baseball. She has worked and kept active all of her life. She keeps busy doing shopping, housework and working part-time at CRC. Exercising twice a week for an hour keeps her young and able to perform daily activities. She also makes an awesome peanut butter fudge.



100 days of summer.
days of hope.

Choose your day to give.



Blood Drive

Carter Rehabilitation Center

902 Industrial Drive
Tecumseh

Thursday, September 04, 2014
12:00 PM to 5:45 PM



**Scan to schedule
an appointment.**

To schedule an appointment, log on to redcrossblood.org and enter sponsor code: CarterRehab or call 1-800-RED CROSS (1-800-733-2767).

Blood is especially needed this time of year, so please schedule your donation today!



American Red Cross

redcrossblood.org/100days | 1-800-RED CROSS